

Mouth-to-mouth resuscitation

Start resuscitation only if the victim is no longer breathing. It should be started immediately—the first few breaths are the ones that count.

- 1 Place victim flat, face up, on a hard surface.
- 2 By sweeping a finger around the inside of the mouth, make sure it is unobstructed.
- 3 Lift the back of the neck and tilt the head well back.
- 4 Draw the chin well forward.
- 5 Pinch nostrils with one hand, holding the jaw up with the other hand.
- 6 Put your mouth, wide open, over the victim's and blow in air.
- 7 After each inflation of the lungs, raise your mouth away from victim's face to allow air to escape.
- 8 Repeat this inflation every three to five seconds, 12-20 times per minute.
- 9 Continue mouth-to-mouth resuscitation until the victim's own breathing is resumed.
- 10 Do not overinflate the chest—special care is necessary with infants and small children.
- 11 Get someone to call for a doctor or ambulance, or take victim to hospital.



Ontario

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Hon. Frank S. Miller, Minister

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Swimming is fun. It's first-class exercise. It stimulates you physically. It relaxes you mentally. And it's inexpensive.

Everyone should know how to swim. Swimming can add a lot to your own life, even if you're never called on to save someone else's.

Swimming—for sensible periods and under safe conditions—is excellent for your health. Deep, controlled breathing expands the lungs, purifying the blood supply to every cell. The mild exertion brings muscles into play all over the body and exercises the heart, conditioning it to carry you safely through life's daily traffic.

Swimming's great and, incidentally, one day it may help you save someone from drowning.

To keep fit and alert, most of us need more exercise than our normal day provides. Weekend or vacation swimming's fine; many people, though, plan their week to fit a quick swim into lunchtime or evening hours as well. They make exercise as much a part of their lives as working, eating, playing or sleeping. They say it makes them enjoy the other parts more.

But whether the swimming's to be done at an indoor or open air pool, at the lake or in the backyard, some ways of swimming are more sensible than others.

It is recommended that swimmers:

- always swim with at least one experienced swimmer.
- know the area well before entering unposted waters; the lake and the river hide their underwater dangers from strangers.
- follow a course along the shoreline, accompanied by a boat, when tackling a long-distance swim.
- don't swim immediately after a heavy meal.
- learn how to save another swimmer in difficulty, and how to give mouth-to-mouth resuscitation. (Even non-swimmers should know how to help another in shallow water.)
- don't swim after dark or during an electrical storm.

Boating

- remember that a boat must never be overloaded, and everyone should wear a life-jacket.
- extend a pole or an oar to be grabbed if someone falls overboard. Or, for someone out of reach and not wearing a lifejacket, throw something buoyant like a gas can, a thermos jug or a plastic cooler to serve as a float. (Jumping overboard to make a rescue may upset the boat, leaving more people to be rescued.)
- remember to hang on to the boat, even one that's capsized. A boat's much easier for rescuers to see than a lone swimmer. It's also safer.

Parents and children

Parents should be sure their children are taught at an early age to know the pleasures that water offers to swimmers, and the dangers it offers to non-swimmers. In particular,

- they should make sure of responsible supervision for small children playing in or around the water; non-swimmers should always wear lifejackets.
- they should never leave more than a few inches of water in a toddler's backyard pool. If the child falls face down, the water must be lower than the height to which the head can be raised to breathe and call for help.

Good swimming facilities, as well as swimming lessons and water-safety courses, are provided in most communities by municipal parks and recreation departments. In many localities throughout the province, a wide range of aquatic activities, graded for beginners to experts, are sponsored by the local "Y".

The local Red Cross Society offers information on water safety, and St. John Ambulance also conducts courses on swimming and resuscitation.